

BE WHAT YOU WANT TO BE

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Chapter 1 - Introduction

I have always wanted to write a book to share the knowledge and wisdom I have learned over the years - this means a lot to me. This book is about *Becoming What You Want to Be*. This is a book that will take you on a journey to a place that you have never imagined or been to before. The place that I am talking about is where you will see your dreams and desires become fulfilled within your life.

I wrote this book to inspire people to achieve and become what they want to be by taking them on a journey of personal development and discovering their true self. I have personally never read a book that shared how one can become what you want to be and tells you step-by-step tips to get there. Another reason why I wrote this book was that I became inspired by people who supported me in my life and who are my motivation. I wanted to write a book that shows my journey of how I became what I want to be due to the help I received.

I want this book to change your life, and through reading the different chapters within this book, you will learn how to achieve your dreams and desires and become the best version of yourself.

Before you read this powerful inspirational book, you need to make sure that you are ready to develop yourself and use the book to enhance your life.

I now want to talk a little bit about myself so you can see how I became who I am today, and how I was able to write this amazing book.

I have always had deep personal problems in my life that made it difficult for me to progress forward because I could not process what I experienced.

I come from a big family and I am the youngest of five kids. My name is Christopher Liam Rose. I have a twin brother named Alexander Rose, two older brothers named Matthew Rose and Marcus Rose, and one older sister named Michelle Rose. My parents are good people but they never really taught me, my brothers and sister any life skills. My parent got divorced when I was about three years old and I had to live with my mother, brothers, and sister. I grew up in a gang culture with drugs, money, women, jewellery, and cars my focus. This became horrible and made me feel so depressed and unhappy due to all the negative violence and crime I took part in. Being part of the street and gang life had a real effect on me because I had lots of friends who were major drug dealers and thieves. My twin brother Alex was deeply involved in street activities. I saw a lot of crazy things on the streets from people getting killed, stabbed, beat up to getting robbed. This was my upbringing and I did not have a choice because my mother didn't have enough money to move

us into a nice house outside of the council estate where I grew up in.

So I made a hard choice to leave my family home and the council estate where I was living when I was fifteen years old. This choice changed my life forever. I then began my journey of living by myself and looking after myself. I was only fifteen when I started feeling depressed and unhappy due to the pain of my upbringing. When I moved into a hostel in an area around south west London, I had a mental breakdown and tried to commit suicide by overdosing on drugs due to all the negative feelings and emotions I was experiencing at that time.

This was the beginning of my mental health problems, and then I got admitted to Springfield Hospital after I was diagnosed with psychosis and depression. I was sectioned in Springfield Hospital and lived in a mental health ward.

This became a serious thing with many years of pain and suffering for me. I was always depressed, unhappy, and felt unfulfilled for years.

Why am I sharing this with you?

I am sharing this because it could be you or anyone else. I am no different from anyone you see today. So, if I went through a mental health problem, the question is – how did I break out from the negative cycle of mental health?

There are so many problems and challenges I have faced in my life, and if I began to tell you

about it, you would be amazed and think, “Wow, this person has been through some hard times”.

I do not want you to believe that becoming what you want to be is easy. No, No, No!!!

Becoming what you want to be is a process! Let me say it again and please remember this: becoming what you want to be is a process! The process is the journey of self-development.

What changed in my life to make me become what and who I wanted to be?

I will tell you! I met two people, an Employment Specialist called Paul Dorrington and Clinical Psychologist called Dr. Karen Meechan.

Do you remember I told you I suffered from mental health problems? Yes – psychosis and depression.

I went through counselling with Karen and she was the first person in my life that I ever truly opened up to about my life problems, life experiences, and the challenges I was going through in my life. Karen never judged me for what I have been through, she always tried to inspire and motivate me. Karen helped me to realize who I am and helped me to come to terms with what I have been through. Karen saved my life and helped me to become who I am today. Without Karen’s support, I may have never discovered or understood myself and my real ambition to want to help other people in my life.

Paul was the person who taught me about mental health, personal development, health,

books, fitness, spirituality, business, and entrepreneurship. When I first met Paul, I was going through serious mental health problems and my life was in a crazy depressed state. Without Paul's help, I could not have found my passion, purpose, success, and happiness in life. Paul is still my main reason for helping other people and working in the mental health industry.

Karen and Paul played a vital role in my life and they are my biggest hero/role models. I would not be writing this book or be an author if it wasn't for them.

It has been many years since I worked with Paul and Karen, and I have now become who I am due to them.

The learning and development I went through have helped me to achieve my dreams and desires.

That is my story - that's how I can write this book.

Now, I have told you a bit about my life to make you see this point:

It is not the problems that make you who you are; it is the person you become that make you who you are!

I have been through lots of life experiences to tell you that you will most likely encounter problems.

This is the absolute truth.

It is not where you start that matters, it is how you finish.

The purpose of this book is to make you understand that you can be whatever you want to be and no matter how hard, tough, challenging your life is, you can still become what you want to be.

This book will hopefully change your life and now, it's time to dive into the journey of self-improvement. Let's begin.

Chapter 2 - Understanding Yourself

I don't know where you are in your life journey. Maybe you are young, old, mid-aged, a teenager, or a baby. You have a past which partly makes you who you are today. To understand yourself, you need to understand your past. The past has many different aspects to it from your family, education, friendships, relationships, environment, money/finance, feelings, and emotions. You have had moments in all these different areas of your past. Everyone has their past and things they are happy with, and things they hate or don't like.

To understand yourself, you need to see how you got to the point of where you are in your life today. You may have had a job or career, you may have a business, you may have a family, you may have money or income, and you may be educated. Of course, I do not know your circumstances. But if you want to become what you want to be, you need to find your strengths and weaknesses through your past. We all have strengths and weaknesses and when you look into your life, you will find how both play a vital role in your life experiences. Many people don't

take the time to go through their past and find who they are.

Here are some questions to ask yourself:

- When have I been happy in my life?
- When have I felt at my lowest?
- How have I overcome some of the difficult things I faced in my life?
- Who has helped me in my life to get to where I am today?
- When have I been in love?
- What are my biggest fears?
- Looking at my life, when was I really in a great place in my mind?

Some of these questions will help you find yourself and who you are because it gives you the time to think and process some of your life experiences.

Once you answer the questions, ask yourself the below questions:

- What have I learned about myself?
- How can I use what I learned to help myself?
- What is going to help me to move forward in my life?

This is how you understand yourself and see who you are. Knowing yourself is very important and by far one of the most interesting things to know. When you know yourself – you know what you want and don't want. To know yourself, you need to spend time by yourself.

- **Journals** – This is a very good way of understanding yourself through writing each day in a journal on how you are

feeling, what's been happening in your life, the positive things that happen in your day to day activities, and some of the things you have learned. Spending time journaling will change your life because as you write, you learn new things about yourself that you didn't know before. Journals are also a great way to reflect on your life and where you are going in your future.

- **Spending Time Alone** - It is very important to make time for yourself and do some of the things you enjoy. It could be that you like to read books or you like walking in the park. Whatever you do for yourself will help you to know yourself more.
- **Socializing With Other People** - Socializing with people who care about you can help you find out who you are by. It could be your family, friends, partner, or colleagues. The people who are around you the most know a lot about you and you can ask them questions about yourself that will help you see yourself through a different perspective.
- **Being With Nature** - Being with nature always helps a person find out more about themselves by enjoying their environments like animals, trees, and people. Nature is a place for anyone to relax and enjoy being alive and well. Spending time with nature can help you appreciate how beautiful life is and how unique and special you are.

The process of knowing yourself is what will help you to make the right choices that would

best suit you. You may need a few hours to know yourself or a couple of years. But you must go through this process to be what you want to be. This process is a must and you need to do this first.

This will be a great time to see how you should focus on yourself and go through the process of self-discovery.

Knowing yourself is a lifetime journey because you are always learning new things about yourself every single day. But the moment you have a great awareness of who you are, you can go into the world and pursue anything you want.

If you have now gone through this process, what have you learn about yourself? How do you feel about yourself, and what has it done to your self-esteem and emotions?

You now understand yourself and you can now take the next step of becoming what you want to be.

Chapter 3 - The Journey of Learning

Learning is the biggest secret to becoming what you want to be. The most successful people have all spent time learning and developing themselves. To be what you want to be, you need to be a student of learning. Being a student doesn't mean you need to go to school. No! Being a student means you are consistently learning. This one habit of consistently learning will enable you to achieve your dreams and desires.

There are different ways you can learn and develop yourself further in your life.

- **Books** – Reading books has always been a perfect way to learn new things and develop oneself. Every day, you should spend thirty minutes to one hour reading a very good book. This will help you to learn new things as well as develop your knowledge and wisdom. *Leaders are readers;* the topmost leaders are always reading books. Successful people read a book every single month, which is a total of twelve books in a year. The knowledge and wisdom in books will help you to achieve your dreams and desires because the more you read books, the more you know.
- **Audiobooks** – Listening to audiobooks is another way you can learn. Many different audiobooks in the world have true powerful

content. Through listening to audiobooks, you can develop your mind. Having a positive mindset is a real key to true success. Listening to audiobooks will also improve your memory because as you listen, you grasp the words that the audiobook was trying to tell you.

- **Podcasts** - There are millions of podcasts in the world today talking about different topics like money, relationships, businesses, and entrepreneurship. Listening to a podcast will increase your knowledge and wisdom and make you smarter. Many successful people have created a podcast to share their knowledge and wisdom with the world. A lot of podcasts have entrepreneurs who are very successful in talking about their stories and journeys of how they became a successful entrepreneur. Listening to interviews on a podcast will boost your chances of becoming what you want to be because you can learn from people who have achieved their dreams and desires, and are now very successful. Many people have become very successful by listening to a podcast. The great thing about audiobooks/podcasts is that you can listen to it while doing other activities. For example, when you are driving your car, you can be listening to a podcast or audiobooks. While you working out at home or in the gym, you can be listening to an audiobook or podcast. Listening/learning will help you become everything you want to be in your life.

- **Audio Messages** - Listening to audio messages can help you learn new things. There are many different audio messages from successful people that you can listen to.

Audio messages are very specific and direct. Listening to audio messages will increase your learning.

- **Videos** – Watching videos is one of the best ways to learn new things. When you watch motivating and inspirational videos, you learn so much about yourself. YouTube is a great social media platform where people post videos. Educational videos are a more interactive way of learning because you are seeing, hearing, and listening all at the same time. There are millions of powerful videos online from successful people. Spend time watching educational videos because this will increase your learning, knowledge, and wisdom.

- **Learning from other people** – Learning from others is a great way to inspire and motivate yourself. There are people everywhere and each person has a lesson you can learn from them. You can learn from your friends, family, partner, colleagues, and associates. The quickest way of becoming what you want to be is by learning from other people's successes and mistakes. This will improve your knowledge and wisdom and help you develop amazing life skills and abilities.

- **Learning From Yourself** – The best form of learning is learning from yourself. As a human, we all have special gifts, talents, abilities, and qualities we do not even know. Spending time on yourself is the best way to learn because you understand yourself better. The most successful people always learn from their life experiences and find a way to use it to help them in their journey.

- **Learn From School, Colleges, Universities** – Everybody has been in school at some point in their lives. A teacher will teach you a subject. This is still a way of learning. Schools, colleges, and universities are good if you want to have a career or look for a job after you finish your studies because, in all of these establishments, they are there to help you learn and get qualified. For example, you would need to go to school, college, or a university if you want to be a Doctor, Accountant, Engineer, and so forth. If you want to become a person that wants a great career or job, I would recommend you go to school, college, and the university and find the right subject for your future ideas.
- **Courses** – Learning from a course is a great way to gain skills and increase your learning. Courses always take you through a step by step process of how to achieve certain things. For example, if you study a business course, you would learn the vital steps of how to set up a business. Buying a course saves you time and helps you to learn a lot of information in just a few hours. Investing money in courses will benefit you, and whatever you study, you will learn a lot of important information about the subject.
- **Events** – Around the world, there are lots of personal development events that you can attend. In personal development events, you can learn about a specific topic. For example, business events teach you about business, marketing, promotions, leadership, finance, and entrepreneurship. Most events are only two to six hours long, which means it a very intensive way of learning new things. Event is

also a great way to meet like-minded people who you can network with and build real relationships with. Learning from events will increase your learning and network.

Continuous learning is the way you are going to become what you want to be. Whatever you decide to choose, the way you learn is up to you. Learning will help you to grow, develop, and achieve what you desire. You choose a learning style and stick with it because that would be the best way you can learn. Choose the learning styles that feel right to you and that which you are comfortable in doing. When you find a learning style that suits you, this will help you remember what you are learning in your memory. Just remember everybody is different and we all have different ways of learning. There is no right or wrong way of learning. Learning new things is something we all have to do to become what we want to be.

Now you understand learning, we can now move on to the next step.

Chapter 4 - Creating your vision

Having a vision for your life is one of the most important aspects of becoming what you want to be. Your vision is a special insight into how your life will be. The most successful people will know their vision and how they see their life moving forward into the future.

When creating your vision, it is important to know what are your core values and beliefs because they will help you create a vision that is directly related to you.

Here are some questions to help you create your vision:

- How do I see my future?
- If I had all the money and time in the world, what would I be doing?
- What is a perfect life in my eyes?
- What gets me excited and makes me think of positive thoughts?
- How would I want to spend my day?
- In five years, where would I be?
- In ten years, where would I be?

Asking yourself powerful questions will help you create your vision. Once you have a vision for your life, you can start to visualize. Your vision can be anything you want and this is what

is going to motivate you and help you get to your density.

Visualization is picturing your life and getting all the thoughts, feelings, and emotions that comes from visualizing your vision. Visualization is a good way to make you see how it would be when you achieve your vision for your life.

There a spiritual practice called “The Law of Attraction”. This spiritual practice states that “you become what you attract through your life, thoughts, and feelings.” If you picture the things in your life like a good business, financial freedom, family/friends, education, and relationships, you will attract it. You can attract this into your life through visualization and the Law of Attraction.

The law of attraction and visualization will help you to get your dreams and desires.

Over the years, many people have used this technique to become what they want to be. The vision is a key part of your success and no matter how big or small your vision is, you can achieve it if you imagine and picture it.

There is a famous quote that says “Everything you want starts in the mind”

Your vision is to connect to your mind, your mind creates the thoughts, the thoughts help you to think, and then you create a picture in your mind.

To be what you want to be, you need to make your vision clear. This means when you write your vision on a piece of paper or when you say your vision out loud; you can picture and

imagine it coming to life. The clearer your vision, the easier it would be to get to your vision.

Think about your vision carefully and spend time just writing down your ideas and thoughts about where you want to be in your life. Having a vision will help you to see the road ahead of you.

Now that you have created your vision, we can move on to the most important step of all.

Chapter 5 - Finding Your Purpose

One of the hardest things to discover in life is your purpose because we all have a purpose in life. Your purpose is the reason why you are alive and the reason you are created. In life, there have been talks/discussions about how to find your purpose. For everyone, it is different because we are all unique and special human beings. To find your purpose in life, you need to find out what you enjoy and love. Love and enjoyment are the links to your life purpose because this is what helps your soul to light up. Your soul is connected to your spirit. Whether you believe in God or not, God has a purpose for you and you can discover it by finding out what you enjoy.

Finding your purpose takes time to find. We have already gone through the exercise of understanding oneself, where you look at your life experiences and discover things about yourself. Now if you look at your life, the question is "What gives you the most joy?" It could be anything really important to you. There are times in our life where we have experienced joy and happiness. Some of these experiences link to our true life purpose. Your purpose is something that makes you feel good and gives you fulfilment in your life. People have used the

words “Your Calling” because it is something inside of yourself that fires you up.

Your calling/purpose is something that you are passionate about and it fulfils you. Most successful people have found their purpose through understanding themselves and finding out their ‘why’. Your ‘why’ is the reason why you do the things you do. Your purpose, your calling, your ‘why’ are all linked together.

You have to find your purpose inside of you and no one can tell it to you because it is a personal and spiritual thing. You need to spend time thinking about what your purpose may be. When you find your purpose, your intuition will speak to you.

Your purpose gives you a direction and true inspiration in life. This will help you to become what you want to be.

I hope you discover your purpose because it will change your life. Now that you have discovered your purpose, we can move on to the next step.

Just remember once you know your purpose, you can live it every single day of your life. Also, everyone has different purposes because we are all different human beings.

Chapter 6 - Dreams and Desires

Your dreams and desires are the goals you want the most in your life. Dreams and desires can be anything that you find to be valuable. We all have certain dreams and aspirations that help us to find hope in the future. Creating your dreams and desires is a major part of becoming what you want to be because these will be the things you spend most of your life trying to achieve. Your dreams and desires could be to own a business, have a successful career, create products/services of value, get a university/college degree, be married to the love of your life, become an entrepreneur, be a millionaire, or have a family of your own. These are just some of the dreams and desires that people want.

To create your dreams and desires, first, you need to know what you want out of life. This question is different for everyone because we all want different things. What will help you find out what you want is to get a piece of paper and write down everything you can think of that will make your life complete? This is where you can dream big and use your imagination to dream about what you want out of life. After writing down your dreams and desires, you then need to pick eight real goals that resonate with you.

These eight goals must be personal to you and can be anything that you want.

The success of achieving your dreams and desires is to be very specific about what you want to work towards for your future. The reason I say have eight dreams and desires is because it is much easier to achieve than writing a list of one hundred dreams and desires. Most people do not spend time writing down there dreams and desires, so they do not even know what they are working for, or why they even get up from their bed every day. The more clearer and specific you can be about your dreams and desires, the easier it will be to achieve it. Now I hope you have a clear list of your dreams and desires. Looking at this every day will motivate you and keep you driven. Now we can move on to making these dreams and desires let go.

Chapter 7 - Planning

Planning is a must if you want to become what you want to be. Without planning, you cannot be successful. Planning how you are going to achieve your dreams and desires is the way to ensure that you will be successful.

The first step in planning is using your mind to think of ideas that can help you achieve your dreams and desires. Get a piece of paper and write down one of your dreams and desires. Look at your dreams and desires and start thinking of what to do to achieve this. You will have many thoughts racing in your mind. Now write some of these thoughts down on a piece of paper.

The second step in planning is to order the different ideas you have chosen to help you achieve this one dream or desire. From one as the most important and ten as the less important, order your list of ideas. Once you start planning how you can achieve this dream or desire, you will have a clear vision of how you can make this a reality. You can follow this same process with the other goals which you need to achieve success. The most successful people always take time to plan how they can achieve their goals, dreams, and desires. The process has worked for most of the successful people you see in the world today.

Planning is Part of the Process

I have said this before and I am saying it again, without planning, you cannot be successful. That is why most people who are average have not achieved any dreams and desires for themselves. Why? Simple because they didn't plan how they were going to achieve their goals.

Please, don't make the same mistake a lot of people make in the world today. The plan is the blueprint for your future success. Without planning, you do not know where you are going in life. I want to share this with you because it is important to know.

I have spent years planning how I wanted to achieve my dreams and desires because it is so important to me. I will write and rewrite ways of becoming what I want to be on a piece of paper. This helped me to see how I am going to become what I wanted to be. I have achieved most of my dreams and desires from planning.

I want you to realize that if you want to become what you want to be, you need to plan every step of the way there. There is a simple technique that I use to help me achieve some of my dreams and desires.

It is called "having the end in mind". What this means is to look at each dream and desires and envision what it looks like, for example, it could be you being a millionaire and you can see £1,000,000 in your bank account. Envisioning this is the best way to think this, "I want to become a millionaire, think of all the backward steps I need to do before I become a

millionaire". This technique will help you see the perfect and specific way of how you can potentially achieve your dreams and desires. When you envision your dreams and desires, it helps you feel the feelings and emotions that are attached to that dream and desire.

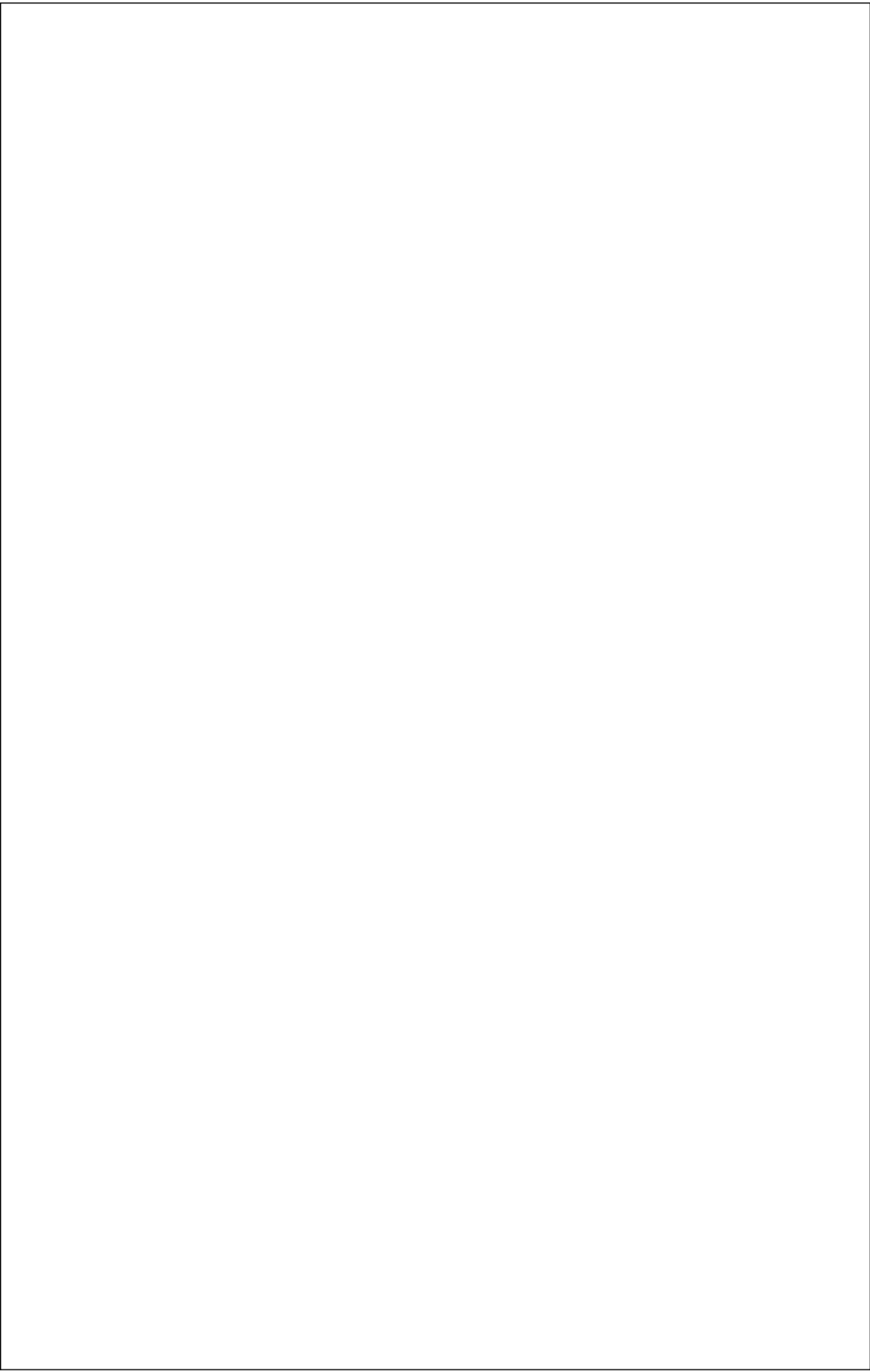
Another powerful secret is planning with your emotions to align with the dreams and desires. If you can feel it, you can taste the success and fulfilment and this will motivate you and inspire you. This is why we plan because we want to have a feeling of what it will be like, and a path to follow to achieve it. When you connect your vision, purpose, passion, dreams, and desires, it feels so good and powerfully energizing.

Connecting your heart in what you want to become is the key to emotional wellbeing and success. Planning connects everything perfectly and helps you get connected to your heart. This plan should not be rushed because this is the most important plan of your life. Every detail must be looked at carefully. Remember I told you I had been planning for years before I ever took one step forward on my dreams and desires. The more you plan, the better actions you can take.

I will say this again because it is very important:

The more you plan, the better actions you can take!

When you are ready to move on from planning your dreams and desires, we can move into the action process.



Chapter 8 - The Power of Action

There is a famous saying that goes “nothing happens in your life without taking action”. What this means is that to become who you want to be in your life, you have to take certain actions. Without taking action, you cannot be what you want to be. The power of action is everything when you are trying to become your best self.

The reason why we spend some time on the planning process is to help us reach this point where “you are going to take action”. Remember this and it will help you. Plan/Actions, Plan/Actions, Plan/Actions, Plan/Actions! It is very simple to always plan the steps you want to take to achieve your dreams and desires, and then you take the actions to make it come true from your plan. People confuse this step because they feel that achieving your dreams and desires is so difficult. Planning and taking action is the way to achieve your big dreams and desires. The more actions you take, the quicker you will get there. The power of actions builds courage, drive, motivation, persistence, integrity, and ambition in your character. That is why it is very important to take action because action leads you to your dreams and desires by momentum.

Momentum is the secret to continue moving forward in a positive direction. That is why if you want to become something important in the

world, you must take action in your life. Successful people take the most actions to achieve their dreams and desires because this is what is going to make it a reality. There is a powerful quote that helps to explain why action is so important, which is "*what you put in is what you get out*". This means that the more you give, take actions, and focus on your dreams and desires is the more likely to come back in your life. The givers of the world are the ones who get all the significance of their actions. If you give, then what you give will come back to you.

As I mentioned before, there is a spiritual practice called the Law of Attraction which is about giving and receiving. In this spiritual practice, you attract what you become, so if you are putting in the actions every day towards your dreams and desires, it is only a matter of time before you see it come true. Giving your money, time, energy towards your dreams, and desires will help you get there quicker.

The problem is that most people don't give anything. That is why some people's lives always remain the same with no real improvement or changes.

When you give, you will receive it! If you give, you must receive, or a different way of saying it is, if you put in the actions, you will receive your dreams and desires.

Action is the way you can transform your life to where it is at the moment, to where you can be in the future. To be what you want to be, you need to take action. You will see how far you go in your life if you have your vision, purpose, plan, and actions.

The essence of this book is for people to take action in their life and become what they want to be. Without action, you will have nothing.

Why are people poor? People are poor because they have not taken any action to make them rich. Why are you reading this book? Because you want to know what actions you need to do to become what you want to be. Why are people rich? Rich people are rich because they have taken certain actions to make money.

This is the real difference between having it all and having nothing. The difference is the actions you take. Actions create a positive life experience you desire. The power of action can lead to riches, success, happiness, joy, excitement, pleasure, and even pain. Some positives and negatives come when you take action.

Positives in taking actions:

- You move closer to your goals
- You build momentum
- You change as a person to become a better version of yourself
- You learn and grow

Negatives in taking actions:

- Things may not go your way
- You are at a very high risk
- People become jealous and envious of you
- You may lose everything you have trying to pursue your dreams and desires

In life, there are always two sides to every coin, for example, heads and tails, but the question is “what do you want out of life?”

Do you want the big house, all the money, great success, and personal satisfaction for working towards your dreams and desires even though you could lose everything, become bankrupt, poor and depressed? Would you take the risk?

At this point in this book, you have to make a certain choice.

Do you become what you want to be even though there may be a price to pay? Or stay the same right now and achieve nothing?

The choice is yours!

Actions lead to success!

No actions lead to despair!

I believe you want to take the actions to become what you want to be. Now we will move into the next process, which is the growth process. This is where the journey gets exciting and amazing.

Chapter 9 – Growing

In life, if we are not growing, then we are dying. Growth is part of life and we must continue to grow in our life to become what we want to be. On the journey of becoming what you want to be, you will change and grow into a brand new person with skills, qualities, abilities, and knowledge/wisdom. There are a few different ways on how you can grow and become what you imagine yourself to be.

- **Professionally** – In your career or job
- **Business** – Become an entrepreneur and business owner where your business is expanding and making a profit
- **Family/Friendships** – Growing your network of family and friends, Also building more closer/connective relationships
- **Spirituality** – Your consciousness grows and you become more connected to God/Nature
- **Financially** – Your income/money grows
- **Personally** – You grow in your skills, abilities, and confidence

The more you take action in your life, the more each area of your life grows. Taking action is the way you develop and grow as a person. To become what you want to be, you would need to grow every day. The more you grow the better you become. This is why you need to focus on your dreams and desires to grow and become that person you want to be in the future.

Here is a powerful quote, *“If you are not growing, then you are dying”*

Now I hope you will be taking actions towards your dreams and desires and grow in the process of trying to become what you want to be.

We now move on into the next step of the journey.

Chapter 10 - Overcoming Obstacles

We all have fears in life that make us feel worried, anxious, upset, frightened, and afraid. This is a natural thing to feel in life. But if you want to become what you want to be, you need to go past your fears and into a place where you are achieving your dreams and desires. There are many different fears, obstacles, and barriers in our life that we must go through. Here are some to help you see what you may have to overcome.

- **Bereavement** - Death of loved ones
- **Job Loss/Unemployment** - losing your job or career
- **Relationship Breakup/Divorce** - an ending of a relationship with your partner
- **Limiting Beliefs** - not having the motivation or confidence in oneself
- **Bankrupt/Becoming Broke** - not having enough money to pay for your living expenses

These are just some of the examples of things you may need to go through to become what you want to be.

The first step in overcoming your challenges is to *decide*. Make a decision that you are not going to be in this situation anymore. When you decide, you accept that you are going through a difficult time but there is something inside of you that wants it to *change*. Many people never decide that they want their life to become better and more fulfilled. That's the reason why they have not moved forward in their life past their problems. Whatever the challenges, obstacles, barriers, or problem, you must decide that you want to overcome it.

The next step in overcoming your challenges is to develop a *Growth Mindset*. The growth mindset is a mindset where you learn from what you have been through. No matter how difficult your challenge is, you can always learn something from it. Many people have problems in their life which are true but they let their problems overpower them. That's why they have not learned anything new from what they have experienced. The growth mindset helps you to process your problems and find good, positive ways of thinking about it. This is why it is important to develop the growth mindset because as you learn, grow, develop, and achieve your dreams and desires, there will be obstacles and barriers in your way which you need to overcome.

Without the growth mindset, you will never last when the days/times get more difficult.

We move further on how to overcome your challenges, obstacles, barriers, and problems. The next step is to have courage and persistence in continuing to take action. We

have gone through the chapter of the Power of Action. This was very important for us to go into. When you have courage, persistence, and are always taking action, there is nothing that can stand in your way. Remember this saying, *"Problems are rewards"*. The more problems you go through, the better rewards you will see at the end. So many people don't have courage or persistence and they never take any actions in their lives. This is why some people have not achieved their dreams and desires. Courage is the hope that things are going to get better. Persistence is the motivation to persist when times get tough. Action is the positive forward motions that you have to take to move forward within your life.

When you have decided to change your situation, develop your growth mindset, have courage and persistence, and take actions towards your dreams and desires, you will overcome any challenges, obstacles, barriers, and problems in your life.

There is a powerful quote I have made to help people achieve their dreams and desires. *"It's not the problems that make you who you are; it's the person you become that makes you who you are"*. This powerful quote means that no matter what problems you go through in your life and no matter how bad things get, you are not your problem and you can overcome whatever you are facing, by becoming what you want to be and going through the problems. This quote has helped me to achieve greatness and dreams and desires in my life and I believe it will help you to achieve your dreams and desires.

I want to share a personal story about myself to help you to realize how you go through obstacles and barriers. I remember when I was homeless, sleeping on the streets of the Westend of London in an area called Marble Arch. I was poor, broke, mentally psychotic, and homeless. I thought to myself that the problems in my life are too much for me to deal with. I remember those days like it was yesterday. Being homeless with nothing, I had to make a decision that will later change my life forever. I decided to find a way out of being homeless and getting off the streets. Then I developed the growth mindset, learning from my life experience and problems that I was passing through. Then I found courage, hope, persistence, energy, and motivation to take a certain action that got me off the streets and being homeless into my properties and housing.

This is a bit more of my story to show you a certain truth. Without making that one decision, I would never have been able to live in a wonderful property and would never be able to write this book. The power of a decision will change your life. That is part of my story and it has been many years since I was homeless. The reason why I am sharing this with you is that I have had very serious problems, but it's not the problems that made me who I am, it is the person I became.

I hope this story makes you realize no matter how big or small your problems or challenges are, there is always a way to get through it.

Now you know this important process of getting through the obstacles, we will now move on to the next step.

Chapter 11 - Work

Hard

To become what you want to be, you need to work hard and dedicate time to your dreams and desires. Working hard has always been a part of the process because when you work hard, you know how much you want your dreams and desires to come true. All successful people work hard to make their dreams and desires come to reality.

Without hard work, you will not be successful

For example, in your career or job, you work 20 to 40 hours every week depending on if you work full time or part-time. To be what you want to be, you need to work more than what you do at the present moment. To achieve real success, you will need to work 50 to 70 hours every week. This is the difference. The more you work hard, the better your chance and luck would be to get to your dreams and desires.

People are very lazy and comfortable in just working in their careers and not putting in extra time. This is not good because when you are lazy and not focused on what you want, you never achieve it.

Every extra hour you work towards your dreams and desires is well spent because you get closer and closer to the bigger vision.

Working hard means you will have to pay the price of success. The price of success is your time. This is very important because we only get 24 hours within one day. If you are at your job or career, this means 4 to 8 hours have gone from your time. If you have to commute to work whether you drive or take public transport, that is another 1 to 2 hours. Then you have to sleep after you finish work, which is 6 to 8 hours in the night. The real truth as time goes by, whether you like it or not, but the question is how much time do you put towards your dreams and desires. Is it 1 hour, 2 hours, 3 hours, or even 4 hours? You need to make time for your dreams and desires even if you have a very busy lifestyle. The more hours you put towards your dreams and desires, the quicker you will reach them.

Sacrifice is the key to your success. Will you sacrifice sleep, work more hours at work? Will you sacrifice spending time with your family and friends?

**If You Don't Sacrifice the Pleasure
of Today to Have the Rewards of
Tomorrow, You Will Not Become
What You Want to Be**

Working hard, time, and sacrifice is what it takes to get to your future self. The people who work the hardest, who give up their time to

pursue their dreams and desires and that sacrifice on certain things they enjoy to see the rewards in the future are the people that win in life. People who are winning have paid the price for their success. There is always a price to pay when you work to reach the top of the mountain. To become your best future self, work hard, and never give up. Having an attitude where you are prepared to do what it takes to get to your dreams and desires and stay motivated without giving up will help you to achieve everything you want. Here are some questions to help you:

- What do I have to sacrifice to become what I want to be?
- Where can I work hard to help me achieve my dreams and desires?
- What help do I need to help me get more time back?
- How many extra hours do I need to work to become successful?

These questions will help you to realize this is what you need to do to get to the next level in your life.

Just Remember Hard Work Always

Pay Off

I hope you are ready to work harder and not give up on your dreams and desires?

We now move onto the next chapter that helps you to realize everything we have talked about in this book.

Chapter 12 - Success, Prosperity, and Achievement

Only when you have your vision, purpose, passions, dreams, and desires will you achieve success. Success is different for everyone; you have to decide what success means to you. This book doesn't give you your definition. It all depends on you. Some people see success as achieving personal goals; other people may see success as having a family. There is no right or wrong way to view success. On Google, the definition of success is "The accomplishment of an aim or purpose". This definition may be true to you. No one knows the real meaning of success. This is because we are all unique and different human beings. You need to find out what success means to you personally. Now you will find your version of success when you take actions towards your dreams and desires.

I would like to tell you my view of what success means to me because this will help you find what success means to you personally. Success to me is "helping other people", and achieving my dreams and desires. I have always been passionate about helping other people and working towards my dreams and desires.

That is all I think about most of the time. I love helping other people and becoming what I want to be. Does this help you? Maybe yes, or no.

Only you can choose what success means to you!

Now we are going to talk about prosperity; why prosperity is so important because if you don't prosper you never achieve anything in life. In Google, the definition of prosperity is "the state of being prosperous". What this means is that you are achieving big goals, dreams, desires and continually moving forward into who you want to be in life. Prosperity doesn't mean you do not go through any adversity, challenges, or problems. Of course, you do go through adversity, challenges, or problems. But how do you continue to overcome what you been through? To be what you want to be, you need to reach your success and become prosperous. Success and prosperity are both linked together. The more successful you become, the more you prosper in your life. After you see your success and prosperity, you then get to the point where you see all of your achievements. Achievement is the gift for you becoming what you want to be. This will make you so happy, fulfilled, and joyful - it is amazing. To see the achievement, you would have to go through hard work, adversity, be able to keep to your purpose, vision, always working towards your dreams and desires.

This is what this book is all about, your achievement.

When you achieve, your life becomes better and more fulfilled. That is why in this book, you have been on a journey to realize what you can

achieve. We now move on to the next chapter -
be what you want to be!

Chapter 13 - Be What You Want To Be

Everything you learned in this book has made you become what you want to be. The lessons and content have helped you to realize you are in a wonderful place that you have always imagined. The best thing about being what you want to be is the fulfilment, happiness, and joy. Being what you want to make you very happy. All I can say is well done for getting to this point. The hours you have spent in reading this book, hopefully, it has helped you.

How do you feel right now?

Do you feel amazing, powerful, inspirational, motivated, and happy?

I think you are happy!

I would like now to talk about my own experience of the time I became what I wanted to be.

My name is Christopher Liam Rose, 30 years old, an author. This book is amazing and I am just happy to have been able to write something so nice and powerful for others.

I was 25 years old when I realized I can become what I wanted to be. Before 25, I went through serious problems. As I mentioned, I had mental health issues, was homeless, and more.

The joy and fulfilment I experience today are so amazing and great. Why? Because I have been through a lot

“Problems are rewards” which I said in the book

I will tell you this:

“What you go through in life is not everything, and where you are going is to magical places”

This sounds a bit funny.

Remember what you been reading,

You may be unemployed, homeless, or have had a recent break up in your relationship.

But now look at who you are today. Yes!

You are the person you always want to be.

I wrote this book for the people who have a great future.

You become what you want to be.

That is why it is very important to go through this process. Because without reading this book, you would have never understood or even know how to do it.

Everything I have been through myself was used in writing this book on the journey of becoming what you want to be.

You have done it through reading and other people helping you. I will be honest and say this, many people are not who they want to be because of problems. Yes! Problems!

This book teaches you that you will go through problems, but remember the famous quote I made earlier in this book: It is not the problems that make you who you are; it is the person you become that makes you who you are.

To make this book have real meaning, I am going to add more chapters that will help the people who want to go further into real knowledge and wisdom.

Now, it's a real choice!

At this point, you don't need to read further because you have become what you want to be. I hope you remember this process

Now for the people, who would like to continue the journey, let's go.

I am ready if you are!

Chapter 14 - Helping Other People

This chapter will change your life! Now we have moved on from becoming what you always want to be into helping other people. You may ask, how? What is helping other people got to do with becoming what you want to be? Very good question and now it's time to share the hidden truth. Up to this point, you have been reading this book, learning new skills and knowledge, using this book to help yourself and maybe a loved one. This is all good, but wait for it, when will you use what you have been taught to help other people? In this book, I have shared a lot of things about myself. Now I will go to the real truth. My life is different from many people because they have not been through what I have been through. Here is the time to tell you all in bullet points.

- Mental Health - I have conditions called schizophrenia and psychosis
- Homelessness - I lost my property and all of my possession in a fire. I was homeless due to not having anywhere to live because my flat was burned down
- Grandfather Losing His Life (Death) - My grandfather passed away
- Break up from relationships - I have lost many ex- love-partners in my life

- Dropping out of university - I drop out of my degree to help other people in mental health
- Gangs and Crime - I have been involved in gang activities and crime
- Diabetes - I have a condition of diabetes
- Mother had breast cancer - My mother had breast cancer

Now the truth has been told in the book. Why do I always say it is not your problems that make you who you are, it is the person you become that makes you who you are. Yes, yes - It is true. People always tell me this, "Chris why do you help other people and give back in your life?" I say it because I want to. Over the years, people from everywhere told me to not help other people and do nothing to give back. That is wrong and untruth. Why should I lose in life and not experience the real riches? Yes, real riches!

To me, I will continue helping other people.

The problems I been through are my rewards because I know the secret. Yes! The secret to riches!

Helping other people and giving back.

Through this book, I never spoke about money. Why do I not think about it? We live in a world where money has become everything to people. But to reach the motivational levels, they do not spend time trying to earn money.

It is a waste of time *because it is not the money that makes you richer not, but the people you help.* You must ask me personal questions? It fine with me

- 1) Why do I write books? To help other people
- 2) How did you deal with what you been through? I always helped other people
- 3) What is your true value? Helping other people

The reason for books, music, money, career, businesses, and family is simply helping others

Nothing matters more than helping other people and making a real difference.

Why would I write about it if it wasn't true? The real truth is helping other people

What many people do not know is that I have been helping other people for years.

I will explain it now. I work in the mental health industry I have a career of my dreams since I clocked 25 years old. I was young when I started to help other people. Do you remember at the beginning of this book, that I said I met two people? I hope you remember if not, go back to the introduction. Clinical psychologist – Karen Meechan, and Employment support specialist – Paul Dorrington.

My joy is that these two people helped me years ago. Can you imagine me in my 30's with this much knowledge and wisdom? I am one of the youngest people in the world, but I have been through the worst. My inspiration came from helping other people and making a difference. The reasons for everything are the two people for me.

You will say "Oh, a young author writing a book". "Oh, I do not help others". Yes true!

Many people don't help others and that is why the world is the way it is today. The world is full of people who do not help others. I have been working in the mental health industry for over four to five years. That means one thing; I have personally helped lots of people. The main reason for this chapter in the book and the book itself is to help other people. It is good to become what you want to be. It is great if you have been reading this book, but if you don't help people, may I ask you this, what is the point? Very true!

Okay, let's say you are successful, rich, happy, fulfilled, and you have achieved your dreams and desires. Yes, but who did you help along the way to get there?

I have now written two books, the first book is my life's story which goes into real detail about me. The second book is to be what you want to be. Because I am what I want to be, I am saying this now in the book to help you see the real important difference.

- Being what you want to be is super
- Helping other people, plus being what you want to be is a miracle

The difference in words will have you think deeply about this. I write books - why? To help others!

The lessons and content in this book are going to help you to learn what is important. As I said, I don't talk about money or material gains.

Yes reader, if you are reading these words, money is great for everyone. Material things are great for everyone. But when you start helping other people and giving back, you see a real-world of serving, giving, and spirituality.

I don't need to teach money because you will have money from reading this book!

You will see for yourself!

Money comes to your life when you become what you want to be.

This is not a tricky or some funny secret!

From reading this book, have you not seen the money come in your life? Be honest here.

Of course, you have seen money because you cannot be what you want to be for free.

No!!! It is very hard to accept. No!

Nothing comes for free, you have to go out there and get it. Yes!

This book is about you, not me but you becoming what you want to be. Do you think it wrong to say why not help other people?

It is the real truth!

Why not help other people?

What it is is what I am about to say. *People do not care about other people! True!*

The world is full of uncaring people who are selfish and ignorant. Yes, it true! You know it is hard to hear the truth, but that is how

people are. I will tell you, myself, my house, my money, my bank account, family.

Yes, it is true!

The most important thing about this book compared to other big successful people is this - I am the same as you. Yes, reader, I was poor, broke, unwell, lost, and I didn't know what to do with myself. But two people, Karen and Paul came in my life and changed me forever.

I have never been the same since meeting them many years ago. They helped me, so I am helping you!

To come to a world where it is great to be who you were BORN to be!

Helping other people is just a skill that I learned when I was 25, now I am 30 years old. Believe me, in 5 years, I achieved real greatness. It is so amazing and true.

You don't need to be old or young to help other people. No, it is not about age. It is about helping other people where you are in your life. I don't need to know your life, goals or dreams, and desires. And I didn't ask you to tell me.

This book is about discovering yourself. Yes! Who are you in this world? What matters for you? I am happy you are reading this book because it is my service to you personally. Every person who reads this will not just help themselves.

Not like a lot of people do which is fine, remember no judgments!

But people who read this book will go on to help others too.

The first chapter of this book was talking about discovering yourself; understand yourself because if you don't understand yourself, you will not become who you want to be.

Just like myself, I didn't know who I was, though many years ago. I was a musician and loved making music. But that was years ago and I am still a musician, but just with more powerful things to show.

Your past is there to help you, help other people. That is what the past is good for, nothing else. I am a musician, but I write books too. There is nothing wrong with having lots of passions and dreams. When you have become what you want to be, you will have more than one ambition.

Maybe, well, you should tell yourself!

Have I achieved more than one dream?

I would say maybe yes or no. It depends on what you want. In the book, you have already been through the process. This book is a process altogether to learn about yourself. Even as I am writing this book to you, I have learned a great thing about myself. That is what learning or life is all about, understanding yourself, and helping other people.

Problems are rewards because if you haven't been through anything, how would you know? People don't know anything. Why? It is because they don't know themselves. You will see friends, family, colleagues, and people not knowing themselves as well as not helping other people.

Please, just think where I was years ago - homeless, mentally ill, and depressed, and now I can write this book. It has been hard but amazing.

I can write about helping other people for hours but what is the point of it? Now you know - so help others and go further in your life.

This book has been a joy but there is still one more chapter to go into, which is - Be more!

This chapter will help you!

Chapter 15 - Be More

This is the final chapter of this book. Be More!

Throughout this book, we have gone into a lot of different subjects which I hope has served you!

Being more means that you want more in your life and you are never contented. No!

People are not hungry and desiring more. That is why they are broke, depressed, alone, and even negative. To make this book complete, do you want more?

I know you have achieved so much by reading, but do you want more? If you don't want more, why are you reading this chapter?

You must want more!

What is your more? Is it more money, a better career, more business, or more family?

Now you can want more and still not have more. What I mean is you say you are successful, you have lots of achievement but do you want more than what you got now? Yes!

Being more is about the hunger for more. If you don't want more, then it is okay. Contentment could be what you want more of all and security. That is fine, but people like me desire more. That is now where passion,

purpose, desires, dreams become even bigger. Writing more books is just one desire I have. Being a motivational speaker on the stages is just another desire. Do you see what I am saying? The desire for more! Being more – desiring more!

There Are No Limits Because You Know the Process and You Can Always Become More

If you help one person, you do well. If you help millions, you have done great. If you help billions, you make an impact in the world. What level of helping others and being more would you like to get to?

One, two, three million, or billions? The number is not important but your legacy is important. People write books to help other people. People buy food to help their family, friends, and others. People go on trains and buses to travel. There is always a reason behind someone's ambition. I do not know you are and I do not need to know. If you read this book, then I share with you what you need to do.

To Be More Is Everything

People work hard for money. Yes!! How many people do I see working hard for money? Everybody! Yes!

The mission for the people who wants more and like to have it all is this.

Help Millions of People around the World

That is the real mission to help millions of people lives and make the ultimate difference in the world. If you help billions, you will become a billionaire.

People who help other people are winners and always get luxury things out of life.

Being a winner is just helping other people. It is that simple.

You help other people because you want to and not need to. That's people like me who work in my career, own business, work in churches and so on.

Be a leader, be a winner then help others and see how far you can go. Being more will take all of your time and everything you have. Why? Because that is what it takes.

For the chosen few, we help other people.

That what we do every day, all the time!

Why? Because we want to!

It is like when you are thirsty and you need a drink of water. Are you going to say please give me a drink of water? No! You are not. You will search and find a tap where you can drink water from. That is how helping other people is. I don't say I am tired today and my problems are hurting me. No! You have to work hard in your job to help other people.

Helping other people will make you become more because there are always people who need help. These three paths of helping other people and being more are:

- *Business - (Highest level)*
- *Career - (Great level)*
- *Volunteering - (Good level)*

In all of these levels, I do them all. I have been a volunteer before, I work in the mental health industry and now I own my business in Life coaching.

The one that provides the most meaning is business.

Greatness is achieved when you help a lot of people and you pursue the path of becoming more in your life.

Being more will bring you joy, happiness, abundance, success, prosperity, and riches.

Conclusion

I hope this book has served you and you will go on to make a big difference in your life to other people. Just before we finish this book, I would like to thank Karen Meechan and Paul Dorrington for helping me become what and who I want to be.

They remain my heroes and role models in life.

Good luck in the future readers, and may God be with you.

Thank you for reading!

Christopher Liam Rose

BE WHAT YOU WANT TO BE!

BE MORE!

HELP OTHER PEOPLE!

Christopher Liam Rose Books

- 1) Christopher Liam Rose Life Story (Part 1)**
- 2) Be What You Want to Be**
- 3) The 15 Successful Habits**
- 4) Selfless**
- 5) Anointing**
- 6) Life Purpose**
- 7) Helping Other People**
- 8) Giving Without Receiving**
- 9) Fulfillment**
- 10) Learn**
- 11) It Is Not the Problems That Make You Who You Are, It Is the Person You Become That Make You Who You Are**
- 12) The Evangelism Ministry**
- 13) Learning Is a Part of Living**
- 14) The Self Is the Problem**
- 15) I Don't Want**
- 16) No Self**
- 17) Miracles**
- 18) Christopher Liam Rose Journal 2015 - 2016**
- 19) (Living With Jesus Christ & God) - Christopher Liam Rose Journal 2016 -2017**
- 20) Losing, Sacrificing, Suffering**
- 21) Observation**

22) Christopher Liam Rose Testimony

**23) SGR BOOKS - Christopher Liam Rose Music
Discography**

24) Christopher Liam Rose Journal 2018 -2019

25) Christopher Liam Rose Life Story (Part 2)

26) Christopher Liam Rose Life Story (Biography)

27) Imperfection To Perfection (Repentation)

28) Christopher Liam Rose Journal 2019

**29) SGR BOOKS - Christopher Liam Rose Music
Discography (Instrumentals)**

30) Losing Is Inevitable

31) Christopher Liam Rose Life Story (Part 3)

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